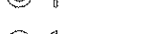
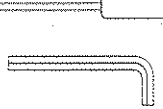
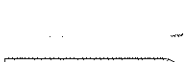
Nautilus

NE 3000
ELLIPTICAL TRAINER

Assembly Manual

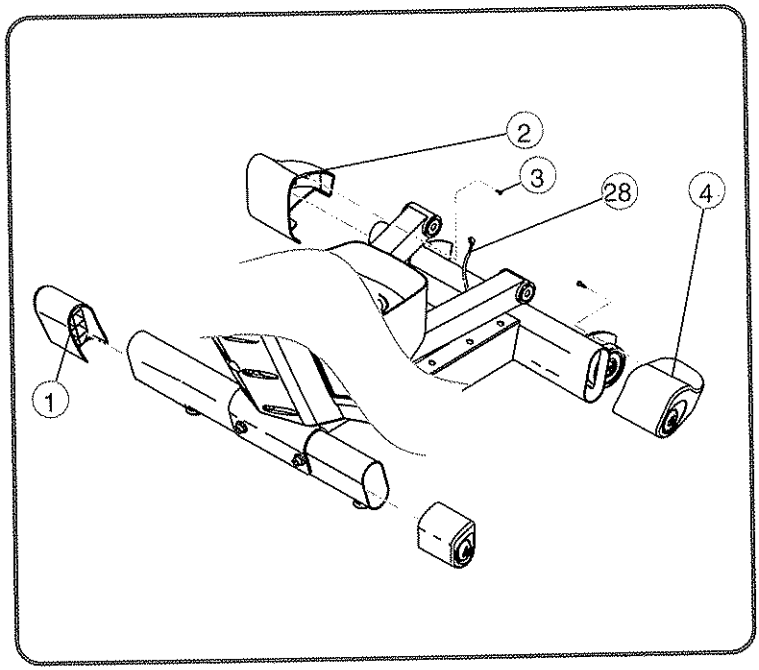
TOOLS AND HARDWARE

FASTENERS AND ASSEMBLY TOOLS

REFERENCE	SKETCH	DESCRIPTION	QUANTITY
3		PAN HEAD SCREW(M4x15L)	2
5		NYLON NUT(M10x1.5P)	2
6		FLAT WASHER	4
11		SOCKET HEAD CAP SCREW(M10x85L)	2
15		CURVE WASHER	4
16		SPRING WASHER	10
17		SOCKET HEAD CAP SCREW(M8x50L)	4
19		PAN HEAD SCREW(M5x15L)	4
21		PAN HEAD SCREW (M10x25L)	2
22		PAN HEAD SCREW (M5x10L)	4
24		PAN HEAD SCREW (M5x25L)	2
25		PAN HEAD SCREW (M5x35L)	2
33		CARRIAGE BOLT(M8x100L)	6
34		NYLON NUT(M8x1.25P)	6
		PHILLIPS DRIVER	1
		M5 ALLEN WRENCH	1
		M8 ALLEN WRENCH	1
		OPEN WRENCH(#17;#13)	1

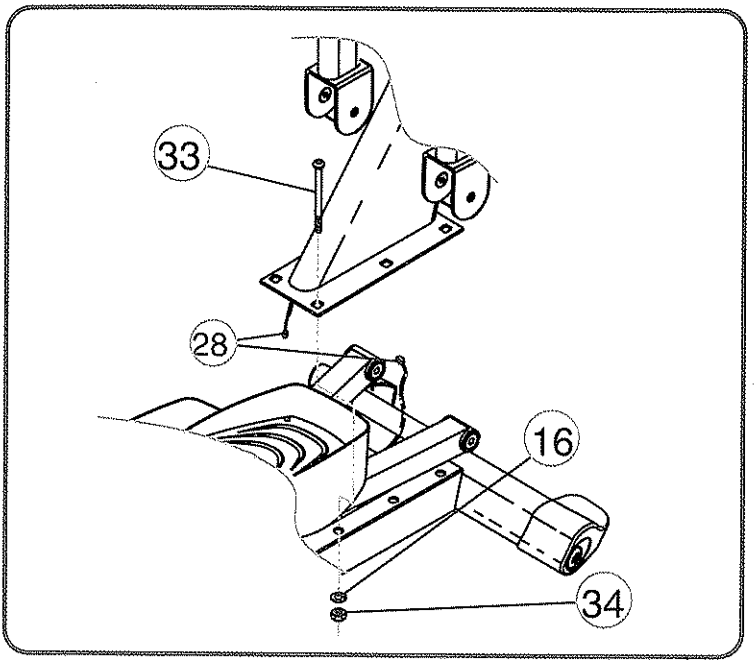
ASSEMBLY INSTRUCTIONS

STEP 1: Attaching the Front/ Rear Stabilizer End Caps



Attach the end caps (#1) to the rear stabilizer. Attach the left end cap (#2) & right end cap (#4) to the front stabilizer and fasten with two 15mm pan head screws (#3).

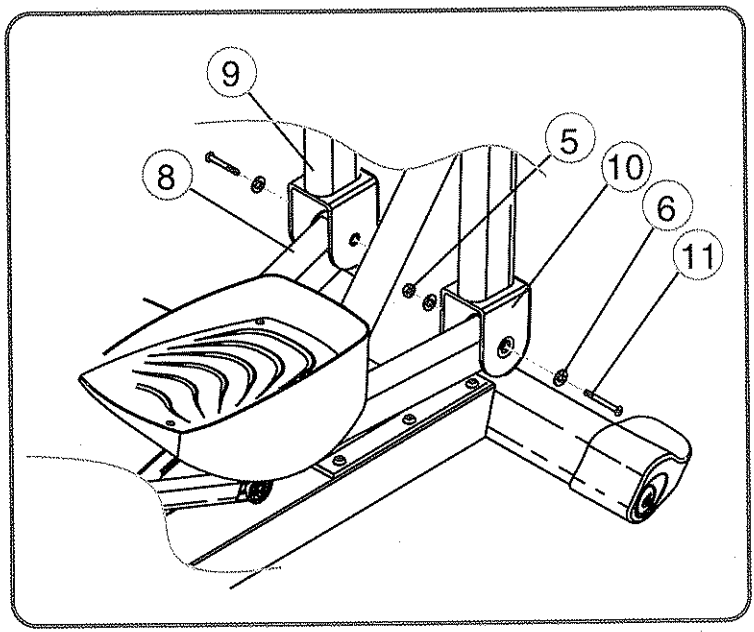
STEP 2: Attaching the Console Mast



Connect the two ends of the console cable (#28). Attach the console mast to the base unit using six M8 nylon nuts (#34), six spring washers (#16), and six carriage bolts (#33).

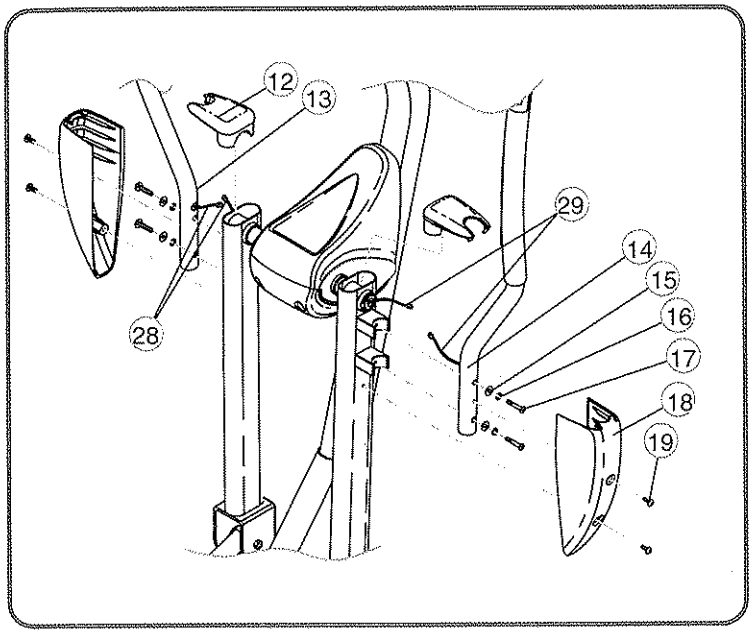
Note: Be careful not to damage or disconnect console cable during this step.

STEP 3: Attaching Pedal Arms



Attach the left pedal arm (#9) and right pedal arm (#10) to the sub pedal arms (#8) and fasten with two M10 nylon nuts (#5), four flat washers (#6) and two 85mm socket head cap screws (#11).

STEP 4: Attaching Upper Body Arms



Connect the left and right control grip wires (#28,#29). Do not allow upper body arms to hang from wires.

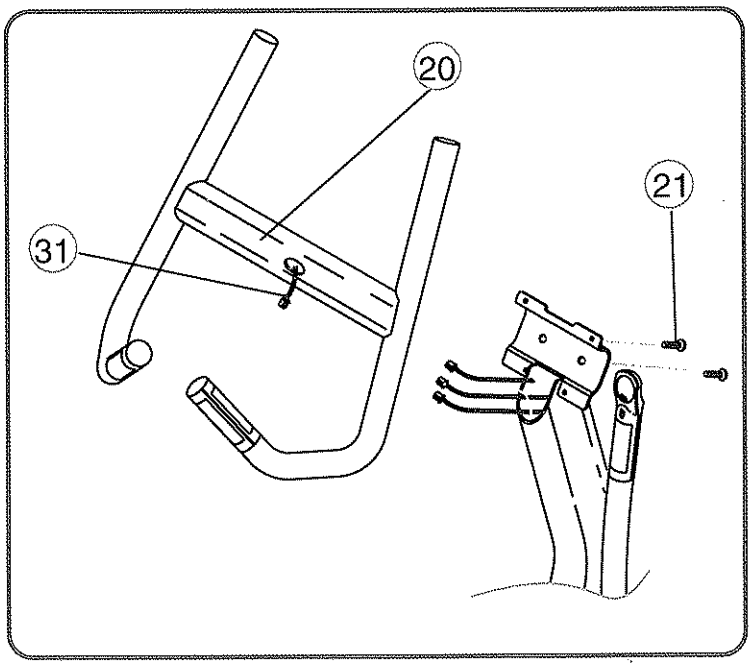
Attach the left upper body arm (#13) and right upper body arm (#14) to the left pedal arm (#9) and right pedal arm (#10) and fasten with four curve washers (#15), four spring washers (#16) and four 50mm socket head cap screws (#17).

Insert the top covers (#12) in the left (#9) and right (#10) pedal arms.

Attach the side covers (#18) to the left (#9) and right (#10) pedal arms and fasten with four 15mm pan head screws (#19).

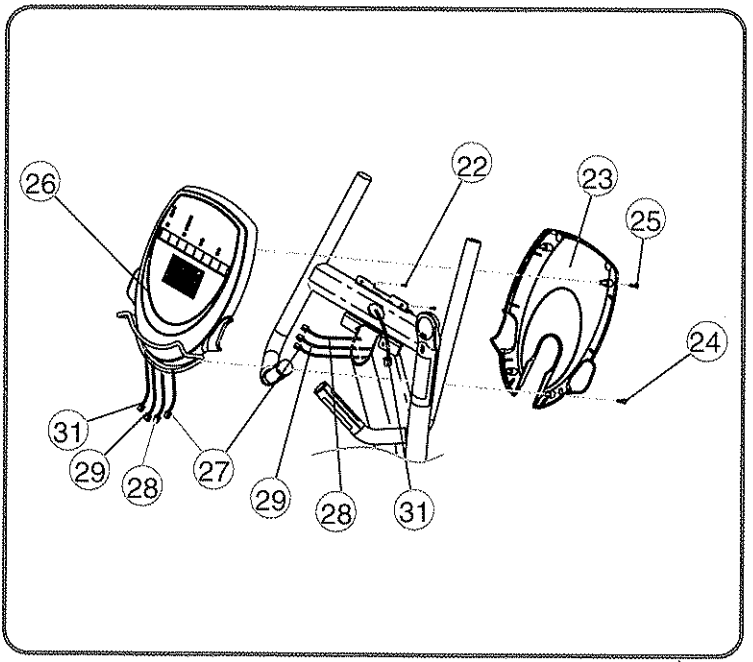
ASSEMBLY INSTRUCTIONS

STEP 5: Attaching Handlebar



Attach the handlebar (#20) to the console mast bracket and fasten with two 25mm pan head screws (#21).

STEP 6: Installing Computer Console



Connect the two ends of the computer console cable (#27). Connect the left and right control grip wires (#28,#29,#31) into the corresponding plugs on the computer console.

Attach the computer console (#26) to the console mast bracket using four 10mm pan head screws (#22).

Attach the console bottom cover (#23) to the computer console (#26) using two 25mm pan head screws (#24) and two 35mm pan head screws (#25).

NE 3000 ELLIPTICAL TRAINER

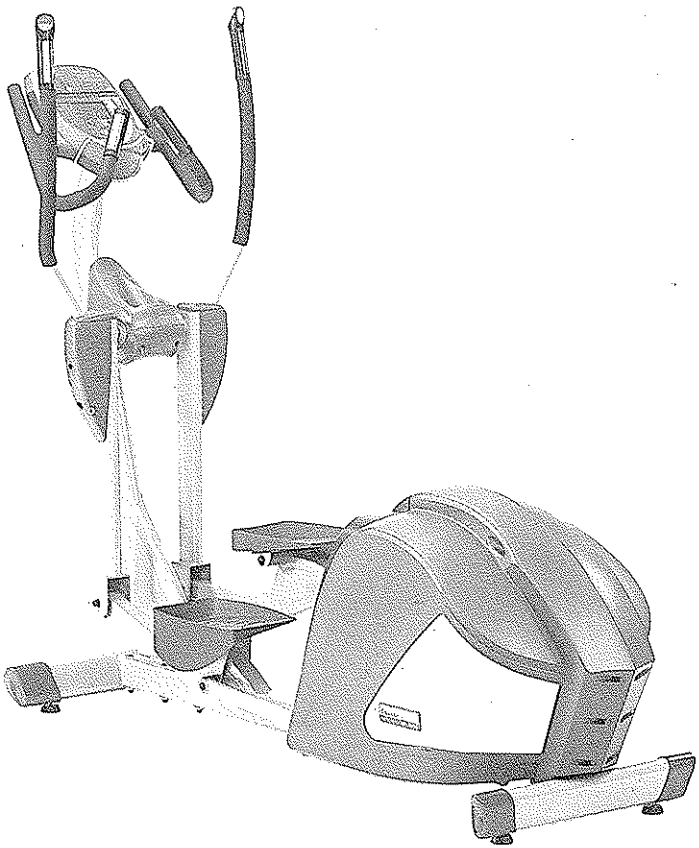
Final Check

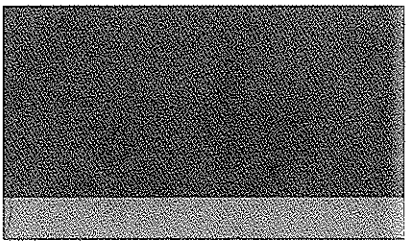
Assembly of your Nautilus elliptical is now complete. Check again to insure that all parts are properly installed and that all nuts and bolts are completely secured. Get on the unit and check to see that the computer console and resistance system are working properly.

Please be sure to read through your Nautilus owner's manual completely before using your elliptical. It will describe in detail how to operate the product safely and correctly.

Should you experience any problems or have any additional questions about your Nautilus elliptical, please contact your Authorized Nautilus Fitness Retailer from where your equipment was purchased.

We hope you enjoy your new Nautilus equipment for many years to come!





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